

# Double Cranberry Honey Sauce Bread Spread

*Publix Family Style Magazine*  
February/March 2015

## Yield: 3 cups

1 bag (12 ounce) fresh or frozen cranberries  
1 cup dried cranberries  
1 cup pomegranate juice  
2/3 cup honey  
1 tablespoon orange zest  
1/4 teaspoon ground cinnamon

## Preparation Time: 10 minutes

## Cook Time: 20 minutes

In a saucepan, combine the fresh cranberries, dried cranberries, pomegranate juice, honey, orange zest and cinnamon. Bring to a simmer. Cook until the cranberry skins begin to burst.

The sauce thickens as it cools. Serve warm or at room temperature.

Cover and chill for up to two days.

---

Per Serving (excluding unknown items): 830 Calories; trace Fat (0.3% calories from fat); 2g Protein; 222g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 38mg Sodium. Exchanges: 0 Grain(Starch); 2 1/2 Fruit; 0 Fat; 12 1/2 Other Carbohydrates.

Bread and Muffins, Sauces and Condiments

## Per Serving Nutritional Analysis

Calories (kcal):	830	Vitamin B6 (mg):	.4mg
% Calories from Fat:	0.3%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	98.8%	Thiamin B1 (mg):	trace
% Calories from Protein:	0.9%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	trace	Folacin (mcg):	6mcg
Saturated Fat (g):	trace	Niacin (mg):	2mg
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refuse:	n n%

Carbohydrate (g): 222g  
 Dietary Fiber (g): 1g  
 Protein (g): 2g  
 Sodium (mg): 38mg  
 Potassium (mg): 640mg  
 Calcium (mg): 64mg  
 Iron (mg): 3mg  
 Zinc (mg): 1mg  
 Vitamin C (mg): 9mg  
 Vitamin A (i.u.): 27IU  
 Vitamin A (r.e.): 2 1/2RE

### Food Exchanges

Grain (Starch): 0  
 Lean Meat: 0  
 Vegetable: 0  
 Fruit: 2 1/2  
 Non-Fat Milk: 0  
 Fat: 0  
 Other Carbohydrates: 12 1/2

---

## Nutrition Facts

---

### Amount Per Serving

**Calories** 830 Calories from Fat: 2

---

### % Daily Values\*

<b>Total Fat</b>	trace	0%
Saturated Fat	trace	0%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	38mg	2%
<b>Total Carbohydrates</b>	222g	74%
Dietary Fiber	1g	5%
<b>Protein</b>	2g	
<hr/>		
<b>Vitamin A</b>		1%
<b>Vitamin C</b>		16%
<b>Calcium</b>		6%
<b>Iron</b>		16%

\* Percent Daily Values are based on a 2000 calorie diet.